

Hearty Lentil-Oat "Bites"

These vegetarian lentil-oat “bites” are blended with Italian spices and baked to perfection. Served with whole grain pasta and drizzle with a red pasta sauce for a hearty, flavorful meal.

Preparation Time: 20 minutes

Cook Time: 65 minutes

CACFP Crediting Information:

Beans, peas, lentils as a Meat/Meat Alternate: 2 bites provide 2 oz eq meat/meat alternate, 1/4 cup vegetable.

Beans, peas, lentils as Vegetables: 2 bites provide 3/4 cup vegetable.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lentils, brown, dry	2 lbs 2 oz	1 qt 1 cup	4 lbs 4 oz	2 qts 2 cups	1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F. 2 Place the lentils, 6 cups of water, and bay leaves in a medium pot and bring to a boil. Once boiling, reduce the heat to medium-low and let the lentils cook about 20 minutes (or until tender) and water has evaporated. Remove from heat remove bay leaves, drain, and refrigerate until chilled. Save for step 4. For 25 servings, use 1 qt 2 cups of water. For 50 servings, use 3 qts of water. Critical Control Point: Cool to 41°F or below.
Water		1 qt 2 cups		3 qts	
Bay leaf		4 leaves		8 leaves	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, olive	2 oz	4 Tbsp	4 oz	1/2 cup	3 In a medium skillet, heat 1 tablespoon of olive oil over medium-low heat. Add dried onions and garlic and cook until softened, about 3 minutes or until light golden brown.
Onion, dried	1 oz	4 Tbsp	2 oz	1/2 cup	
Garlic, minced, fresh	2 oz	1/4 cup	4 oz	1/2 cup	4 In a large mixing bowl, combine cooled lentils, garlic mixture, rolled oats, soaked flax seed meal, 4 tsp each of oregano, basil, thyme; tomato paste, smoked paprika and cumin.
Oats, rolled, quick, dry	1 lb 4 oz	1 qt 1 1/2 cups	2 lbs 8 oz	2 qts 3 cups	
Flax seed meal, soaked in 1 1/2 cups water		1/2 cup + 1 1/2 cup water		1 cup + 3 cups water	5 Combine flax seed meal and water, soak for 5 minutes.
Oregano, dried, divided	1/4 oz	2 Tbsp 2 tsp	1/2 oz	5 Tbsp 1 tsp	
Basil, dried, divided	1/4 oz	2 Tbsp 2 tsp	1/2 oz	5 Tbsp 1 tsp	6 Massage by hand vigorously until all ingredients are fully incorporated, or pulse in a food processor until mixture is moderately smooth. About 30% of the lentils should appear intact.
Thyme, dried, divided	1/4 oz	2 Tbsp 2 tsp	1/2 oz	5 Tbsp 1 tsp	
Tomato paste, canned, low-sodium	2 oz	4 Tbsp	4 oz	1/2 cup	7 Using a 2 oz scooper, scoop mixture and place on a full sheet pan (18" x 26" x 1") lined with parchment paper sprayed with a pan release spray. Place lentil balls in a hot oven and bake until browned and slightly firm for 40 minutes.
Paprika, smoked, divided	3/4 oz	2 Tbsp 2 tsp	1 1/2 oz	5 Tbsp 1 tsp	

For 25 servings, 1 sheet pan.
For 50 servings, 2 sheet pans.

Critical Control Point:
Heat to 135 °F or higher.
Hold for hot service at 135 °F or higher.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin, ground	3/4 cup	2 Tbsp 2 tsp	1 1/2 cup	5 Tbsp 1 tsp	
Pan-release spray		1 spray		1 spray	
Tomatoes, canned, crushed, no-salt	4 lbs	2 qts	8 lbs	1 gal	8 In a large pot, combine crushed tomatoes, vegetable broth, remaining oregano, basil, thyme, smoked paprika, sugar, salt, and pepper. Stir well. Bring sauce to a boil for 1 minute over medium-high heat, reduce heat to low and simmer for 15 minutes. Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.
Vegetable broth, low-sodium		1 qt 1 cup		2 qts 2 cups	
Sugar		1 Tbsp		2 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Pepper, black, ground		1 tsp		2 tsp	9 Serve 2 "bites", and top the bites with sauce using a 4 oz spoodle. Serve hot.





NUTRITION INFORMATION

For 2 bites and 1/2 cup sauce (4 oz spoodle)

NUTRIENTS

AMOUNT

Calories **280**

Total Fat **5 g**

Saturated Fat 1 g

Cholesterol **0 mg**

Sodium **473 mg**

Total Carbohydrate **47 g**

Dietary Fiber 8 g

Total Sugars 4 g

Added Sugars 1 g

Protein **14 g**

Vitamin A 0 RAE

Vitamin C 3 mg

Calcium 64 mg

Iron 5 mg

NOTES

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings

About 50 bites
7 lbs 4 oz mixture

50 Servings

About 100 bites
14 lbs 8 oz mixture

Source:

USDA Standardized Recipe Project — 2025

